total gym 26000

Congratulations

Thank you for purchasing Total Gym 26000™. We welcome you as a valued customer.

Total Gym remains the benchmark gravity incline resistance product for clinical use, and Total Gym 26000 brings you the high-value, low maintenance versatility you have come to expect from efi Sports Medicine, plus dramatic enhancements for functional rehabilitation.

You can choose from over 100 functional exercises and clinical variations for the trunk, upper and lower extremities, as well as a Pilates repertoire of over 100 mat and reformer exercises.

TOTAL GYM 26000 PROVIDES

- Unrestricted movement through all three planes of motion
- Proprioception training in every movement
- Recruitment of the core automatically
- Unloaded, early closed-chain exercise in a functional environment
- Calibrated, incremental increases and decreases in resistance

Please read and save this Owner's Guide so that you may refer to it in the future. Your Total Gym 26000 arrives with some assembly required. Simply follow this step-by-step guide and your Total Gym 26000 will be operational shortly.

In this guide you will find tips about Total Gym 26000 and its component parts, operation, maintenance and care. Additionally, you will find safety tips and precautions to help ensure your safety and the safety of your patients and clients. Also included is a guide to available accessories, and your warranty information.

If during the course of using the Total Gym 26000 you have any questions about the product, please write, email or call us at the address or phone number listed below.

Total Gym is designed, engineered and manufactured to meet the rigorous needs of the most demanding environments, and promises to provide you and your patients with years of smooth, quiet, safe operation. Our goal is to provide you with the premier training tool for functional exercise, and we stand ready to assist you every step of the way.

efi Sports Medicine 7755 Arjons Drive San Diego, CA 92126 800-541-4900 efisportsmedicine.com

CAUTION: As with any exercise program, participants should consult a physician before starting a workout on Total Gym 26000.

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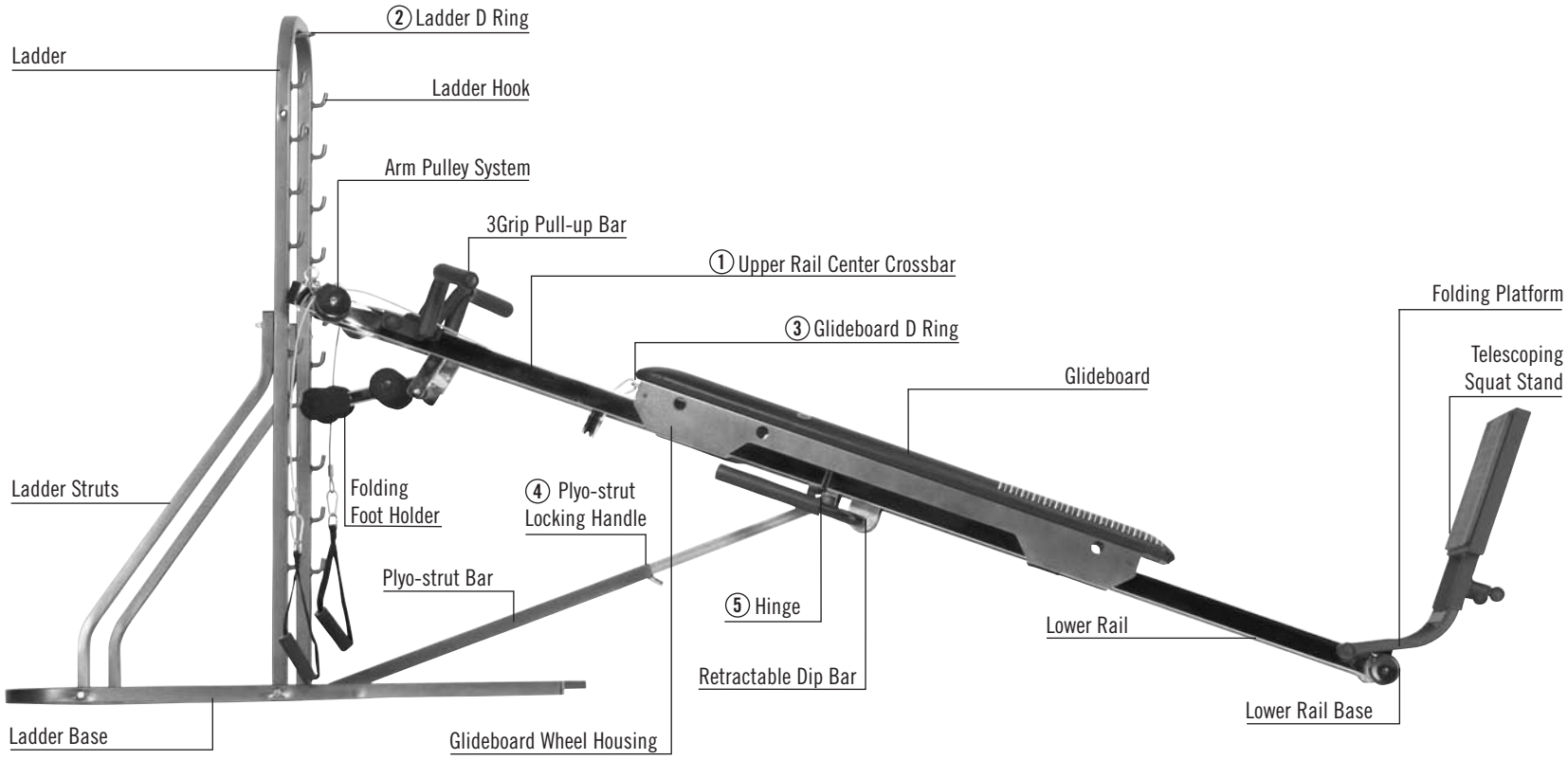
PARTS IDENTIFIER - TOTAL GYM 26000

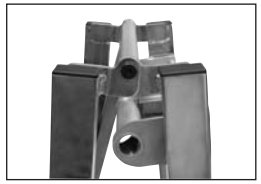


① Upper Rail Center Crossbar

② Ladder D Ring

③ Glideboard D Ring

④ Plyo-strut locking handle


⑤ Hinge

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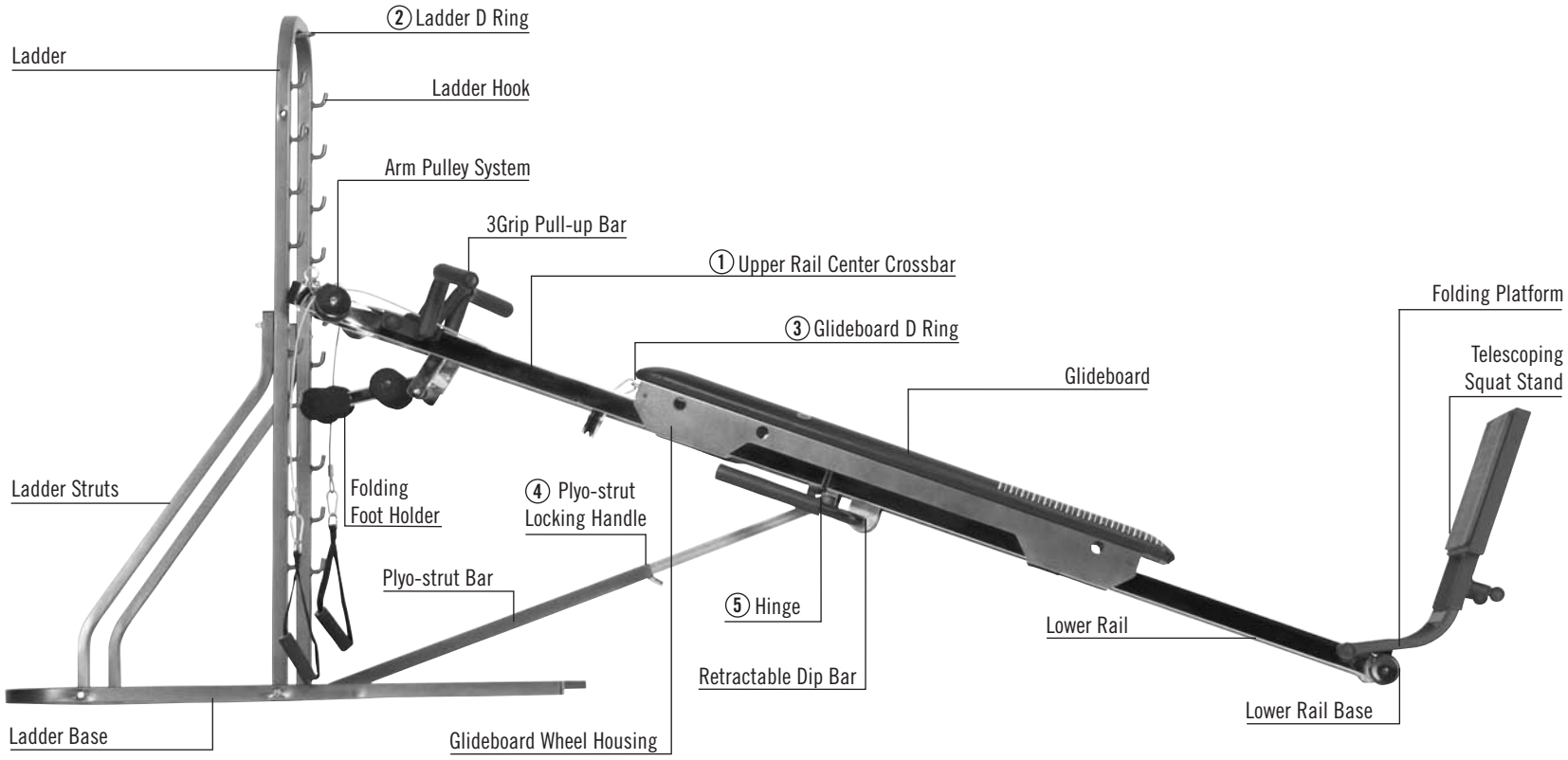

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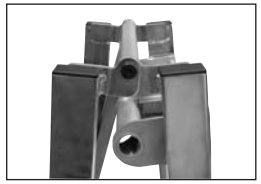
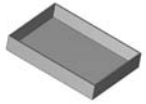

⑤ Hinge

BOX "A" CONTENTS

Assembly Packet



Press Bar

Rail Assembly

Telescoping Squat Stand

Ladder Base

BOX "B" CONTENTS

Glideboard

3Grip Pull-up Bar

Folding Foot Holder -
Lower Foot Pad Assembly

Folding Platform

Ladder

Detent Pin

Outer (Larger)
Plyo-support tube

Ladder Struts

ASSEMBLY PACKET CONTENTS

Owners Guide

Total Gym Exercise Guide

DVD

Attaching Rod (for Exercise Guide)

Retractable Dip Bars

Folding Foot Holder -
Upper Foot Pads

Handles

Allen Wrench

12 3/8" Washers

6 3/8" Hex Head Nuts

2 3/8"-16 X 3" Hex Head Bolts

4 3/8"-16 X 2 3/4" Hex Head Bolts

You will find the displayed contents in Box A and Box B of your Total Gym 26000.

Assembly instructions for your Folding Platform with Telescoping Squat Stand, Folding Foot Holder, Press Bar and the 3Grip Pull-up Bar are included.

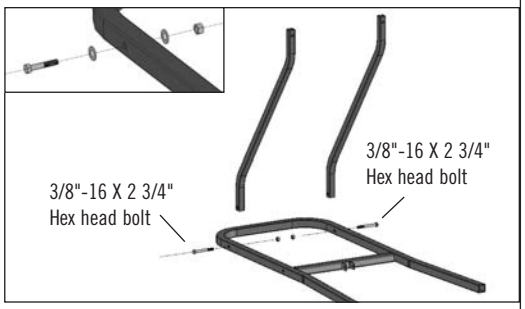
Assembly instructions for any optional accessories you have purchased can be found in the box with each accessory.

Pages 5-9 of this guide include easy to follow assembly instructions for your Total Gym 26000.

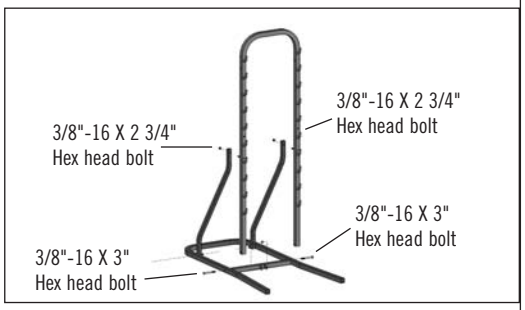
ASSEMBLY INSTRUCTIONS - TOTAL GYM 26000

ASSEMBLE THE LADDER.

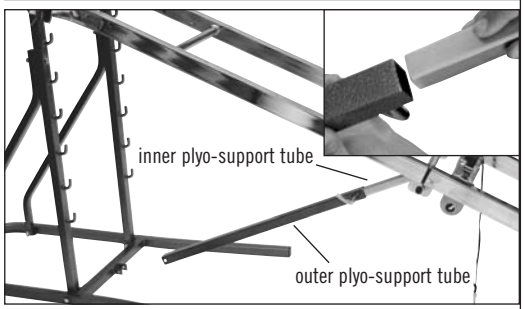
LADDER STRUT—Lower
Place the ladder base on the floor with the non-skid surface down. Align the holes in the uncapped end of the ladder struts with the inside of the rear holes in the base. As you prepare to secure the bottom of the ladder struts to the base with two of the 3/8"-16 X 2 3/4" hex head bolts, set the capped end of the ladder struts slanted toward the open end of the base. Place a 3/8" washer on a 3/8"-16 X 2 3/4" hex head bolt. Insert the bolt through the ladder base and ladder strut. Place another 3/8" washer onto the the exposed end of the bolt. Attach a 3/8" nut and tighten with a wrench.



LADDER STRUT—Upper
Align the bottom holes in the ladder with the forward holes in the ladder base. Join them together using the 3/8"-16 X 3" hex head bolts, 3/8" washers and 3/8" hex head nuts. Align the top holes of the ladder struts with the holes in the middle of the ladder. Secure the ladder struts to the ladder with the two remaining 3/8"-16 X 2 3/4" hex head bolts, 3/8" washers and 3/8" hex head nuts.

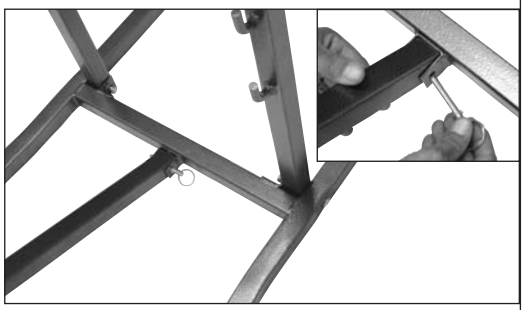


RAIL TO LADDER ASSEMBLY
Carefully open the rail assembly and lay it flat. Raise the assembly (curved end) up in front of the ladder and attach it to the ladder at mid-level by placing the rubber protected rings over the level adjustment hooks.



PLYO-STRUT ASSEMBLY
Locate the outer plyo-strut tube with the locking handle attached. Slide the outer plyo-strut tube onto the inner plyo-strut tube, which is welded to the center of the rail assembly.

Attach the outer plyo-strut tube to the ladder base crossbar, by aligning the outer plyo-strut tube between the ladder base crossbar tabs. Secure it with the supplied detent pin. Then, snugly secure the plyo-support locking handle. It is not necessary to crank it tightly. Note: The plyo-support locking handle must be loosened to change levels. Tighten it after changing levels and during plyometric exercises.



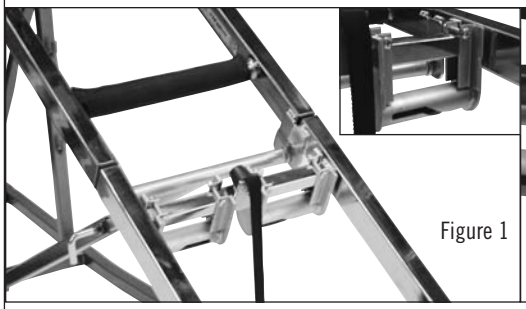


Figure 1

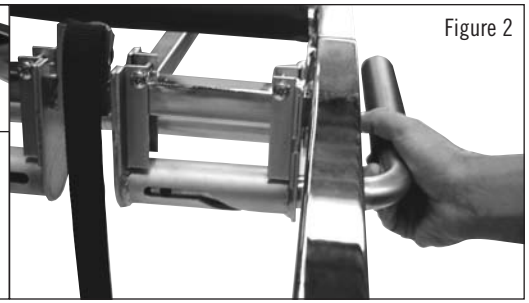


Figure 2

INSTALL THE RETRACTABLE DIP BARS.

The Retractable Dip Bar assembly has been pre-installed (Figure 1). To begin, position the rails at the top level of the ladder. Slide the Retractable Dip Bar handle into the assembly (Figure 2).

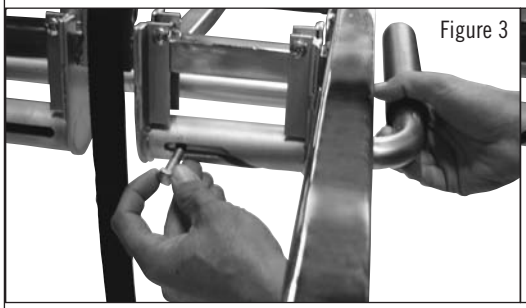


Figure 3

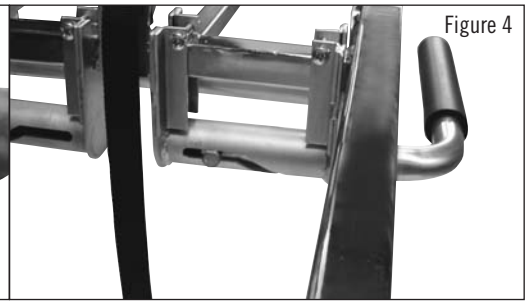


Figure 4

Align the threaded hole in the handle with the slot in the assembly (Figure 3). Insert one hex bolt through the assembly slot and into the threaded hole in the handle. Tighten with a nut driver or wrench (Figure 4).

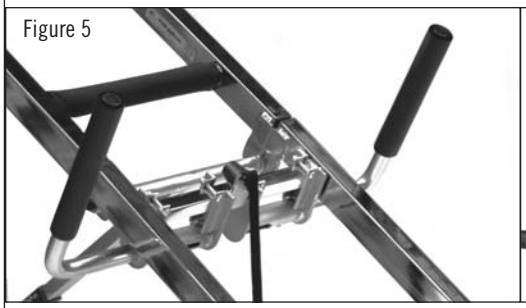
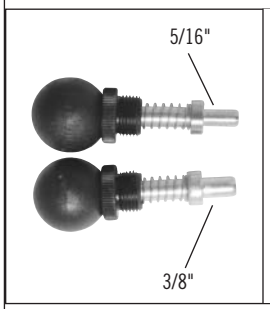
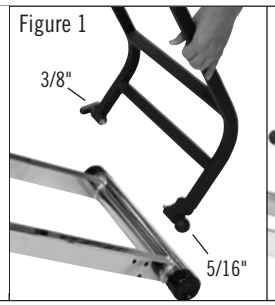


Figure 5

Figure 6

Once the Retractable Dip Bars have been installed, they do not need to be removed. For use, simply pull the Retractable Dip Bars out and upward into position (Figure 5). They can be retracted and folded out of the way as needed (Figure 6).





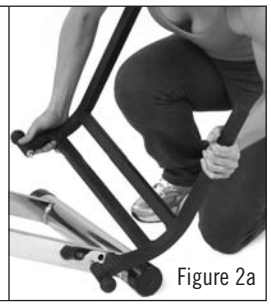


Figure 2a

INSTALL THE FOLDING PLATFORM AND TELESCOPING SQUAT STAND.

Insert the 5/16"(smaller pin) and 3/8" retractable pins in the folding platform as indicated. Align the bottom of the Folding Platform with the lower rails just above the base (Figure 1). Face the ladder and prepare to attach to the left rail first (Figure 2a).

Using the two holes 1/2" from the bottom of the rails, slide the fixed pin into the hole in the outside left rail (Figure 2b).

Pull the 3/8" retractable pin on the right side and move the pin over the hole. Release the pin (Figure 3). Move the Folding Platform until the retractable pins engage completely (Figure 4).

Align the Telescoping Squat Stand over the Folding Platform struts until the Squat Stand pins contact the top of the Folding Platform struts (Figure 5).

Pull the retractable pins and adjust the Telescoping Squat Stand to the desired height, then release the pins and raise or lower the Telescoping Squat Stand until both pins engage in one of the three adjustment holes in the Folding Platform struts (Figure 6).

INSTALL THE GLIDEBOARD.

Loosen the plyo-strut locking handle (Figure 1). Lower the rails flat to the lowest position beneath the ladder hooks (Figure 2). Raise the rail assembly to an A-frame position (Figure 3).

Lift the glideboard and lower it onto the rails (Figure 4). Make sure the logo on the board is right side up and the D ring at the top of the board is near the rail hinge. The glideboard will rest against the glideboard stop when the glideboard is properly attached (Figure 5).

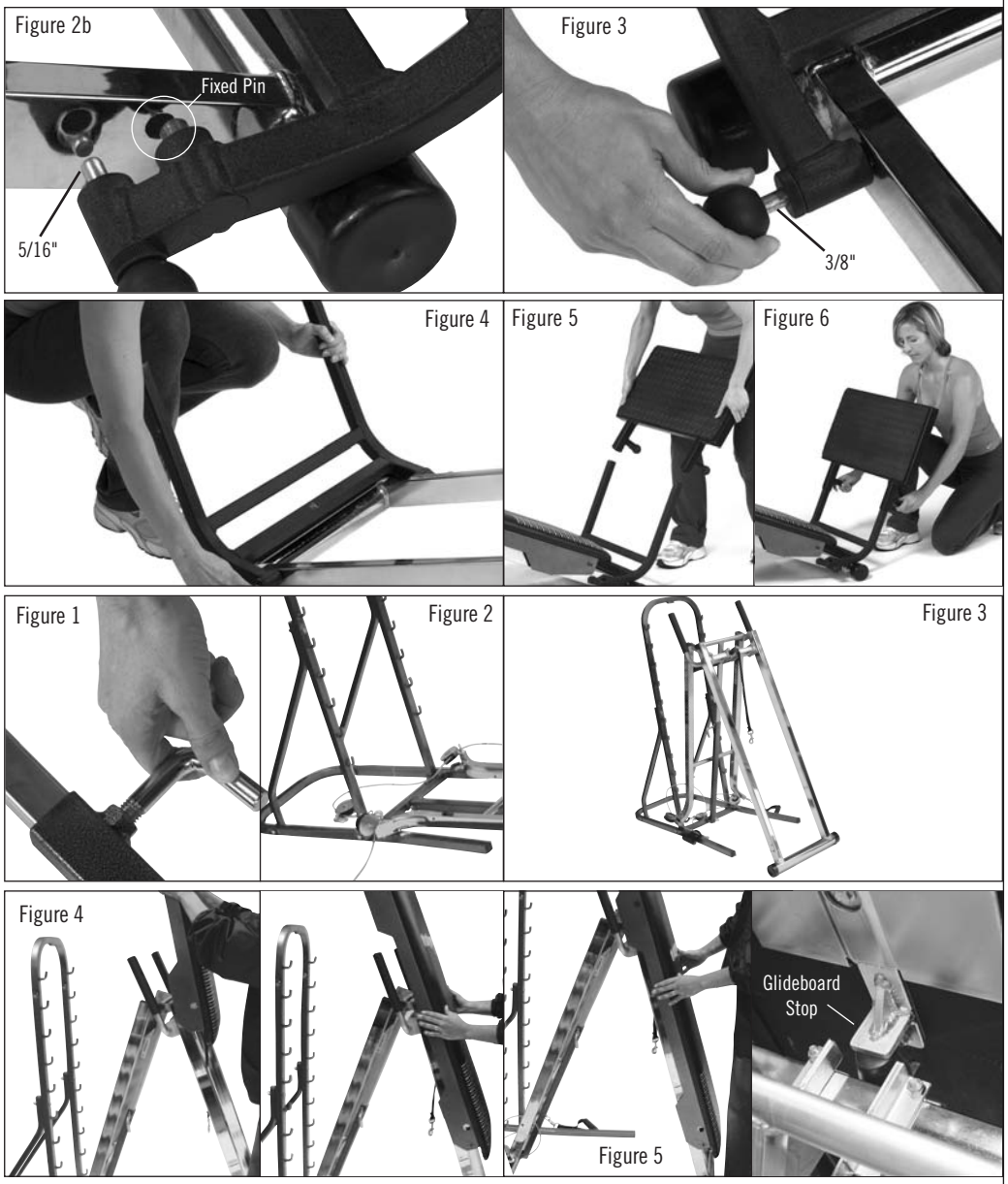


Figure 1

Figure 2

Figure 3

Figure 4

Figure 5

Figure 6a

Figure 6b

Figure 7

Figure 8

INSTALL FOLDING FOOT HOLDER.

To assemble the Folding Foot Holder, attach the upper foot pads to the lower foot pad assembly (Figure 1). Position the Folding Foot Holder between the upper rails (Figure 2). Insert the retractable pin into the right rail (Figure 3). First, install one cap screw in the left rail, using an Allen wrench (Figure 4). Then, repeat this procedure with the right rail.

The Folding Foot Holder is now ready to use (Figure 5). To begin using the Folding Foot Holder, sit on the top of the glideboard, push in the center post snap button and raise the upper foot pad assembly (Figure 6a). Place your heels past the pads of the lower foot pad assembly and slide the upper foot pad assembly down the center post until the snap button re-engages (Figure 6b).

The Folding Foot Holder should be lowered to the “down” position after use to avoid interference with the glideboard during other exercises. To return the Folding Foot Holder to the down position, pull the inside right rail retractable pin and lower the Folding Foot Holder (Figure 7).

With the Glideboard, Retractable Dip Bars, Folding Platform/Telescoping Squat Stand and Folding Foot Holder installed, your Total Gym 26000 is assembled (Figure 8).

INSTALL THE 3GRIP PULL-UP BAR.

Make sure the Folding Foot Holder is in the lowered position. Position the 3Grip Pull-up Bar mounting brackets on the upper rails over the holes on the outside of the rails, 1/2" down from the top of the rail (Figure 1). Pull both pins and slide the brackets over the holes (Figure 2).

Release the pins and move the 3Grip Pull-up Bar until both pins engage completely in the holes (Figure 3).

Your 3Grip Pull-up Bar is installed (Figure 4).

Figure 1

Figure 2

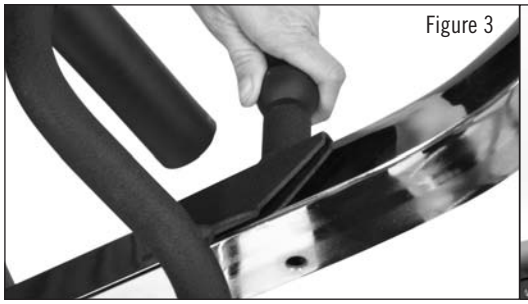


Figure 3

Figure 4

INSTALL THE PRESS BAR.

Remove the Folding Platform, Telescoping Squat Stand and 3Grip Pull-up Bar.

Position the Press Bar mounting brackets, with the quarter round plate on ladder side, over the holes on the lower rail just above the base (Figure 1).

Pull the pins and slide the brackets over the holes positioned as shown (Figure 2).

Release the pins (Figure 3) and adjust the Press Bar until both the pins engage completely (Figure 4).

Figure 1

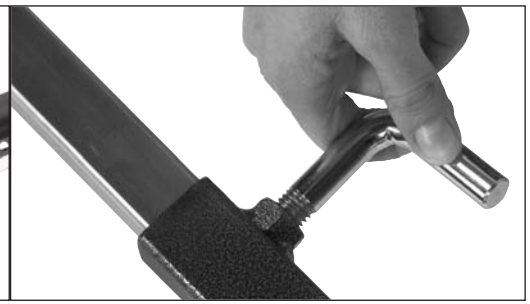
Figure 2

Figure 3

Figure 4

Figure 1

Figure 2



FOLDING AND STORAGE - TOTAL GYM 26000

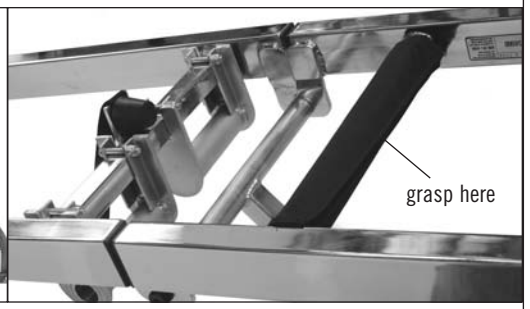
Unsnap the pulley from its in-use position on the glideboard D ring or the ladder D ring (Figure 1 and 2).

Hang the pulley on the level 7 ladder hook for storage.

To fold down the Telescoping Squat Stand, pull the retractable pin, fold the Telescoping Squat Stand forward and it will lock into position.

Loosen the plyo-strut locking handle.

Lower the rails to the floor. Grasp the center rail crossbar and lift (DO NOT touch the hinge).



Pull the rails to an A frame position.

For better leverage, keep one hand on the center rail crossbar and hold the Telescoping Squat Stand with the other hand.

Slide the lower rail base in between the ladder base and leave your Total Gym in a tripod postion.

Secure the safety strap to the Ladder D-ring.

GETTING STARTED

When using Total Gym, wear athletic shoes and comfortable lightweight clothing. Tie long hair back to avoid contact with the center pulley. Before you begin, check to ensure that all Total Gym parts are in place and working properly.

Begin your exercise program at a low incline. As your fitness level progresses, increase the incline to increase the intensity and improve muscle strength. Start out easy and build gradually to higher intensity levels.

Remember to control the glideboard at all times, particularly when getting on or off your Total Gym. The following tips will help you stablilize the glideboard as you approach the unit for mounting in various positions.

PROPER FORWARD ANCHORING SEQUENCE WITH ARM PULLEY SYSTEM ATTACHED TO THE GLIDEBOARD

Grasp both handles in the hand closest to the ladder as you stand to one side of the Total Gym.

Pull the glideboard up the rails to the height needed to sit in the proper position for the specific exercise you will perform.

Example: If you are performing a sitting exercise, sit at the top of the glideboard.

If the exercise requires you to lie back, first sit at the bottom of the glideboard with one pulley handle in each hand.

When lying on your back, be sure your head is supported on the glideboard. If the glideboard travels all the way to the top or bottom of its rolling distance during the exercise, adjust your body up or down on the glideboard.

PROPER BACKWARD ANCHORING SEQUENCE WITH ARM PULLEY SYSTEM ATTACHED TO GLIDEBOARD

Grasp handles, then make a fist and place your knuckles at the top of the glideboard to anchor it in place. Now it is safe to sit, straddle or kneel on the glideboard.

When kneeling on the glideboard, place knees one at a time just behind your fists as you face the glideboard.

Move to the starting position of the exercise and begin by using slow, controlled movements.

⚠ WARNING

Always control the glideboard while mounting or dismounting your Total Gym.
Do not exceed 650 pounds of weight-bearing on Total Gym 26000.

Biceps Curl
Shown on Total Gym 14000

Weighted Squat-Toes Out

ACCESSORIES - TOTAL GYM 26000

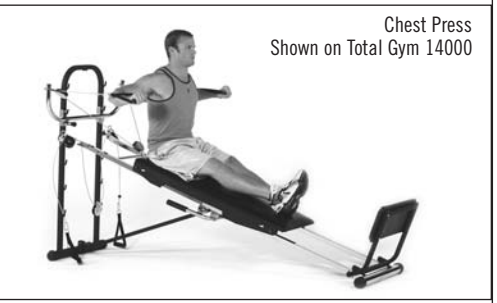
Adjustable Curl Bench
The Adjustable Curl Bench provides a height-adjustable stabilized platform for targeted work on the biceps and forearms.

Weight Bar
The Weight Bar lets you add your own standard plate weights to Total Gym to achieve greater resistance.

Squat Handle Bar
The Squat Handle Bar provides a solid handhold during Squat exercises. It offers you increased stabilization while you perform weighted Squats.

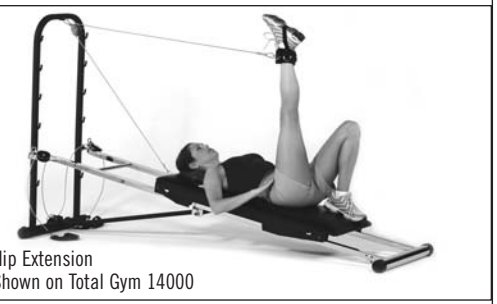
Rail Elevator
The Rail Elevator elevates the lower level of the Total Gym more than 6 inches for patients who require greater ease getting on and off the glideboard.

Adjustable Pulley Bar
The Adjustable Pulley Bar allows for specific arm pulley placement in three positions to adjust for optimum force angles and biomechanically correct line of pull for upper body movement, accomodating all body types.



Chest Press
Shown on Total Gym 14000

Leg Pulley/Ankle Harness
The Leg Pulley/Ankle Harness facilitates stretching and strengthening of the hamstrings as well as the adductor and abductor muscles of the lower extremity.



Hip Extension
Shown on Total Gym 14000

Calf Raise

Hundred with Arm Pulley
Shown on Total Gym 14000

Closed Chain Platform
The Closed Chain Platform attaches to the folding platform to provide unloaded, early closed-chain exercise in a functional environment. It comes with an adjustable toe stand for calf and ankle exercises and a U-joint for attaching any BAPS™ or Wobble Board product, or MFT™ Multi Function Disc.

Ergometric Multi Cycle™
The Ergometric Multi Cycle, **emc**,™ attached to your Total Gym adds cycling's aerobic advantages to the moving Total Gym incline glideboard for unparalleled performance training. **emc** comes with fully adjustable cycle tension and an LED display to let you monitor elapsed workout time, distance, speed and calories burned.

Support Wedge Pillow
The Support Wedge Pillow provides additional support for the back, neck and shoulders during exercise. The breathable nylon-covered pillow is filled with form-fitting Styrofoam pellets that mold to your form during exercise. Use of Support Wedge Pillow enhances a number of Pilates exercises, and makes certain Pilates exercises more achievable for beginners.

Thigh Cuff

The Thigh Cuff enables stretching and strengthening of lower extremities in a natural, safe manner without involving the knee joint. It attaches to the Leg Pulley Cable (sold with the Leg Pulley/Ankle Harness or Double Leg Pulley System) and allows you to reduce stress on the knee joint during cable exercises, as well as permits you to isolate the adductor and abductor muscles.

Hip Adduction
Shown on Total Gym 14000

Stabilizer Belts

The Stabilizer Belts allow clinicians to secure patients with balance impairment safely on the glideboard, improving their confidence to perform prescribed exercises. High-strength nylon Stabilizing Belts with high-impact plastic buckles attach to any of four different stabilizing locations on the glideboard.

Slide Distance Scale

The Slide Distance Scale is a self-adhesive vinyl tape with scale measured in inches. It allows you to measure the travel distance of the glideboard and reproduce the positioning of the glideboard. Slide Distance Scale helps you determine your patients' work output and measure improvement in range of motion.

PILATES ACCESSORIES

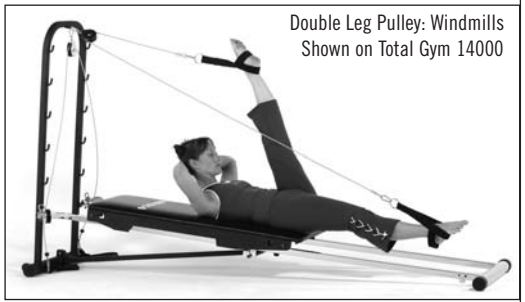
Deluxe Slide Distance Regulator

The Deluxe Slide Distance Regulator limits the travel of the glideboard in both directions to control range of motion. It also locks the glideboard in place to assist with mounting, dismounting and positioning on the glideboard.

Standing Platform

The Standing Platform facilitates proper body alignment during leg lunges and other exercises. Used in conjunction with the Deluxe Slide Distance Regulator, it safely provides dynamic instability toward improving balance and tone.

Double Leg Pulley System
The Double Leg Pulley System enables you to exercise with one leg at a time, or both legs at once. It employs unilateral or bilateral movement to develop abdominal strength during leg circles and stretching progressions. Permits free range of leg movement. Used in reformer and mat based Pilates exercises. Includes Cable Extension Kit.



Double Leg Pulley: Windmills
Shown on Total Gym 14000

Telescoping Toe Bar
The Telescoping Toe Bar facilitates upper body, lower body and torso stretching and strengthening Pilates exercises. It telescopes to three heights to accommodate a wide array of traditional and evolved Pilates exercises. The Telescoping Toe Bar is attached to the Total Gym via the Folding Platform.

Stomach Massage:Round Back
Shown on Total Gym 14000

SAFETY PRECAUTIONS

Before starting this or any exercise program, consult your physician, who can assist in planning a program that is age and ability specific. Certain exercise programs or types of equipment may not be appropriate for all people.

Do not over exert with this or any exercise program. If any pain or tightness in the chest is experienced, or an irregular heartbeat, shortness of breath, or faintness, nausea or dizziness, stop exercising immediately and consult your physician before resuming any exercise program.

This product is designed and intended for commercial use. Clinicians should inform patients of and monitor their adherence to all safety precautions. Use only as instructed. Do not permit anyone to stand on Total Gym 26000 or use it as furniture. Children should only use Total Gym 26000 when closely attended and supervised by an adult. Do not leave children unattended on the Total Gym 26000.

Keep fingers, loose clothing and hair away from moving parts. Wear appropriate exercise attire and tie long hair back.

Inspect your Total Gym 26000 before each use to ensure proper operation. Check all parts for wear before each use. Do not use your Total Gym 26000 if it is not completely assembled or has been damaged in any manner. Contact efi Sports Medicine Customer Service for replacement parts or repairs.

Use only accessory items recommended by the manufacturer. Only use accessories in the manner specified by the manufacturer.

Follow instructions in this Owner's Guide when getting on and off the unit. Falling on or off could result in severe or fatal injury. Place your Total Gym 26000 on a flat, solid surface with nonskid material underneath.

Maximum weight capacity for Total Gym 26000, including body weight, glideboard and free weights is 650 pounds.

Follow the instructions that are outlined in this Owner's Guide for operating your Total Gym 26000.

⚠ WARNING

Failure to read and follow the safety instructions in this manual may result in serious injury or death. Hazards include falling, overexertion, strained muscles, pinched fingers or pulled hair.

MAINTENANCE AND CARE

Your Total Gym 26000 will offer you years of easy operation if you follow these simple tips for maintenance and care. With periodic cleaning, moving parts and rolling surfaces will maintain their smooth function.

Use chrome or car polish on all chrome parts to keep your Total Gym 26000 looking its best and to prevent dust build-up.

Clean rail surfaces on a regular basis with a non oil-based window cleaner. **CAUTION**: DO NOT use any lubricants or silicone based products on the rails or rollers. This will cause the rollers to slide rather than roll, and will damage the rollers.

You may use lubricant on folding hinges when needed. When lubricating these parts, remove any residue of lubricant from the cables, rails or roller surfaces.

Clean the glideboard material with a non oil-based window cleaner. DO NOT use Armor All® or like substances. These will make the glideboard slippery. Wipe down your Total Gym 26000 with a clean cloth.

Regularly check the following parts for signs of fraying, cracking or wear:
• cables and nylon coating • pulleys • rollers • glideboard • frame • handles •foam rubber parts

If parts need replacement, call our Customer Service Department at **800-541-4900**.

HOW TO READ THE RESISTANCE CHART FOR TOTAL GYM 26000 (SEE NEXT PAGE)
Total Gym 26000 uses a variable-angle incline plane to create exercise resistance by modifying your body weight–a steeper angle generates more resistance. The Resistance Chart for Total Gym 26000 is calculated to indicate the resistance load at each level relative to a percentage of body weight. Down the left side of the chart, note the Total Gym 26000 levels 1-10. Each level's degree of slope is noted. Across the top, the numbers represent body weight in ten-pound increments. Below each weight reference in pounds are two corresponding columns. Each left column represents percentage of body weight. Each right column shows the actual amount of load in pounds. An additional Resistance Chart has also been supplied with weight references in kilograms.

EXAMPLE in lbs: A 150 lb person using level 5 would be lifting 51 pounds or 34% of total body weight. When figuring exercises that incorporate the bilateral pulley cables, use 50% of the charted numbers.

EXAMPLE in kgs: A 70 kg person using level 5 would be lifting 24 kilograms or 34% of total body weight. When figuring exercises that incorporate the bilateral pulley cables, use 50% of the charted numbers.

RESISTANCE CHARTS FOR TOTAL GYM 26000

BODY WT - Lbs.		50		60		70		80		90		100		110		120		130		140		150		160		170		180		190		200		210		220		230		240		250		260		270		280		290		300	
LEVEL	SLOPE	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.
10	32	78	39	74	45	71	50	69	55	67	60	66	66	65	71	64	76	63	82	62	87	61	92	61	98	60	103	60	108	60	113	59	119	59	124	59	129	59	135	58	140	58	145	58	150	58	156	58	161	57	166	57	172
9	29	71	36	67	40	65	45	63	50	61	55	60	60	59	65	58	69	57	74	56	79	56	84	55	89	55	93	55	98	54	103	54	108	54	113	53	118	53	122	53	127	53	132	53	137	52	142	52	146	52	151	52	156
8	26	64	32	61	37	58	41	57	45	55	50	54	54	53	58	52	63	52	67	51	71	51	76	50	80	50	84	49	89	49	93	49	98	49	102	48	106	48	111	48	115	48	119	48	124	47	128	47	132	47	137	47	141
7	23	57	29	54	33	52	37	50	40	49	44	48	48	47	52	47	56	46	60	45	64	45	68	45	71	44	75	44	79	44	83	43	87	43	91	43	95	43	99	43	103	43	106	42	110	42	114	42	118	42	122	42	126
6	20	51	25	48	29	46	32	44	36	43	39	42	42	42	46	41	49	41	53	40	56	40	60	39	63	39	66	39	70	39	73	38	77	38	80	38	83	38	87	38	90	37	94	37	97	37	101	37	104	37	107	37	111
5	17	44	22	41	25	40	28	38	31	37	34	37	37	36	40	35	42	35	45	35	48	34	51	34	54	34	57	33	60	33	63	33	66	33	69	33	72	33	75	32	78	32	81	32	84	32	87	32	90	32	93	32	96
4	14	37	18	35	21	33	23	32	26	32	28	31	31	30	33	30	36	29	38	29	41	29	43	29	46	28	48	28	51	28	53	28	56	28	58	28	61	27	63	27	66	27	68	27	71	27	73	27	76	27	78	27	81
3	12	30	15	28	17	27	19	26	21	26	23	25	25	25	27	24	29	24	31	24	33	23	35	23	37	23	39	23	41	23	43	23	45	23	47	22	49	22	51	22	53	22	55	22	57	22	59	22	61	22	64	22	66
2	9	23	11	22	13	21	15	20	16	20	18	19	19	19	21	19	22	18	24	18	25	18	27	18	29	18	30	18	32	17	33	17	35	17	36	17	38	17	39	17	41	17	43	17	44	17	46	17	47	17	49	17	50
1	6	16	8	16	9	15	10	14	12	14	13	14	14	14	15	13	16	13	17	13	18	13	19	13	21	13	22	13	23	13	24	12	25	12	26	12	27	12	28	12	29	12	31	12	32	12	33	12	34	12	35	12	36

BODY WT - Kgs.		20		25		30		35		40		45		50		55		60		65		70		75		80		85		90		95		100		105		110		115		120		125		130		135		140		145	
LEVEL	SLOPE	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.
10	32	82	16	81	20	72	22	69	24	67	27	66	30	65	32	63	35	63	38	62	40	61	43	61	46	60	48	60	51	59	53	59	56	59	59	58	61	58	64	58	67	58	69	58	72	57	75	57	77	57	80	57	83
9	29	74	15	73	18	66	20	63	22	61	25	60	27	59	29	58	32	57	34	56	37	56	39	55	41	55	44	54	46	54	49	54	51	53	53	53	56	53	58	53	61	53	63	52	65	52	68	52	70	52	73	52	75
8	26	67	13	66	17	59	18	57	20	55	22	54	24	53	27	52	29	51	31	51	33	50	35	50	37	49	40	49	42	49	44	49	46	48	48	48	50	48	53	48	55	47	57	47	59	47	61	47	64	47	66	47	68
7	23	60	12	59	15	53	16	51	18	49	20	48	22	47	24	47	26	46	28	45	29	45	31	44	33	44	35	44	37	44	39	43	41	43	43	43	45	43	47	43	49	42	51	42	53	42	55	42	57	42	59	42	61
6	20	53	11	49	12	47	14	45	16	44	17	42	19	42	21	41	23	40	24	40	26	40	28	39	29	39	31	39	33	38	35	38	36	38	38	38	40	38	41	37	43	37	45	37	46	37	48	37	50	37	52	37	53
5	17	46	9	42	11	40	12	39	14	38	15	37	16	36	18	35	19	35	21	34	22	34	24	34	25	34	27	33	28	33	30	33	31	33	33	33	34	32	36	32	37	32	39	32	40	32	42	32	43	32	44	32	46
4	14	38	8	36	9	34	10	33	11	32	13	31	14	30	15	30	16	29	18	29	19	29	20	28	21	28	23	28	24	28	25	28	26	28	28	27	29	27	30	27	31	27	33	27	34	27	35	27	36	27	38	27	39
3	12	31	6	29	8	28	8	27	9	26	10	25	11	25	12	24	13	24	14	24	15	23	16	23	17	23	18	23	19	23	20	23	21	22	22	22	23	22	24	22	25	22	26	22	27	22	28	22	30	22	31	22	32
2	9	24	5	22	6	21	6	20	7	20	8	19	9	19	9	19	10	18	11	18	12	18	13	18	13	18	14	18	15	17	16	17	16	17	17	17	18	17	19	17	20	17	20	17	21	17	22	17	23	17	23	17	24
1	6	17	3	16	4	15	5	15	5	14	6	14	6	14	7	13	7	13	8	13	8	13	9	13	10	13	10	13	11	12	11	12	12	12	12	12	13	12	13	12	14	12	15	12	15	12	16	12	16	12	17	12	17

WARRANTY CLAIMS

efi Sports Medicine treats warranty claims as a priority. To process these quickly, a Return Merchandise Authorization number (RMA) is required to properly link your merchandise with your claim. efi Sports Medicine does not accept returned merchandise without an accompanying RMA number. Contact efi Sports Medicine Customer Service Department at 800-541-4900 for an RMA number and instructions for proper packaging of equipment for shipping.

30 DAY MONEY BACK GUARANTEE

efi Sports Medicine honors a 30-day money back satisfaction guarantee on Total Gym 26000.
Please retain packaging. Returned equipment must be repackaged in the same boxes and manner delivered.
Contact our office at 800-541-4900 for a Return Authorization Number within 30 days of receipt of your Total Gym 26000.
efi Sports Medicine does not accept responsibility for any equipment returned without a Return Authorization Number. Unauthorized returns are subject to a 25% restocking charge.

For more information regarding returns, please contact our Customer Service Department at 800-541-4900.

TOTAL GYM 26000 PURCHASE RECORD

Date Purchased _____

Purchased From _____

Model Number _____

Serial Number _____

Retain this form for your records.

ADDITIONAL ACCESSORIES OR PRODUCTS PURCHASED

(Always include serial number if applicable; not all accessories have serial numbers)

_____ SN _____

_____ SN _____

_____ SN _____

_____ SN _____

_____ SN _____

_____ SN _____

_____ SN _____

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efi Sports Medicine
7755 Arjons Drive
San Diego, CA 92126

efisportsmedicine.com

Manufactured and sold in the U.S.A. under the Design Patent No. D493,853. Also covered by one or more of the following patents: D405,132; 4,004,801; 5,169,363; 5,967,955.

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TOTAL GYM 26000 WARRANTY

Home Use: 90 days on foam rubber. Five years on parts. Lifetime on frame.
Commercial Use: 90 days on foam rubber. One year on parts.
Five years on frame.

For home use, your Total Gym 26000 warranty covers any defects in materials and workmanship for the lifetime of the unit on the frame and five years on parts. For commercial use, this warranty includes one year on parts and five years on frame. Foam rubber pads are covered by a 90 day warranty.

This warranty covers normal use from the date of the original purchase by the original purchaser. efi Sports Medicine will repair or replace, without charge, any defective part covered under warranty.

This warranty gives you specific legal rights. You may have other rights, which may vary from state to state.

This warranty does not cover damage caused by misuse, abuse, accidents or alterations to Total Gym 26000. Unauthorized alteration or use of Total Gym 26000 or its accessories, or use of unauthorized accessories on Total Gym 26000 will invalidate this warranty.

You must return Ownership Registration Certificate within 30 days from date of purchase to validate this warranty.

OWNERSHIP REGISTRATION CERTIFICATE

Purchase Date _____/_____/_____ Product Name _____

Purchaser's Name (print) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

SERIAL NUMBER(S) _____

Signature _____

Complete and return this form to register ownership.

Place
Stamp
Here

efi Sports Medicine
7755 Arjons Drive
San Diego, CA 92126